

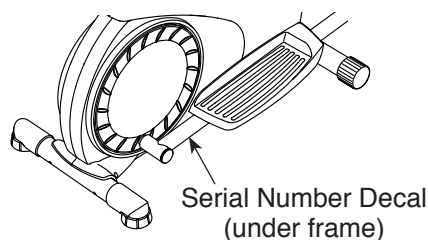
# PRO-FORM<sup>®</sup>

## 220 ZLE

Model No. PFEVEL72912.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

#### UNITED KINGDOM

**Call:** 08457 089 009

**From Ireland:** 053 92 36102

**Website:** [www.iconsupport.eu](http://www.iconsupport.eu)

**E-mail:** [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

#### Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

#### AUSTRALIA

**Call:** 1800 993 770

**E-mail:** [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

#### Write:

ICON Health & Fitness

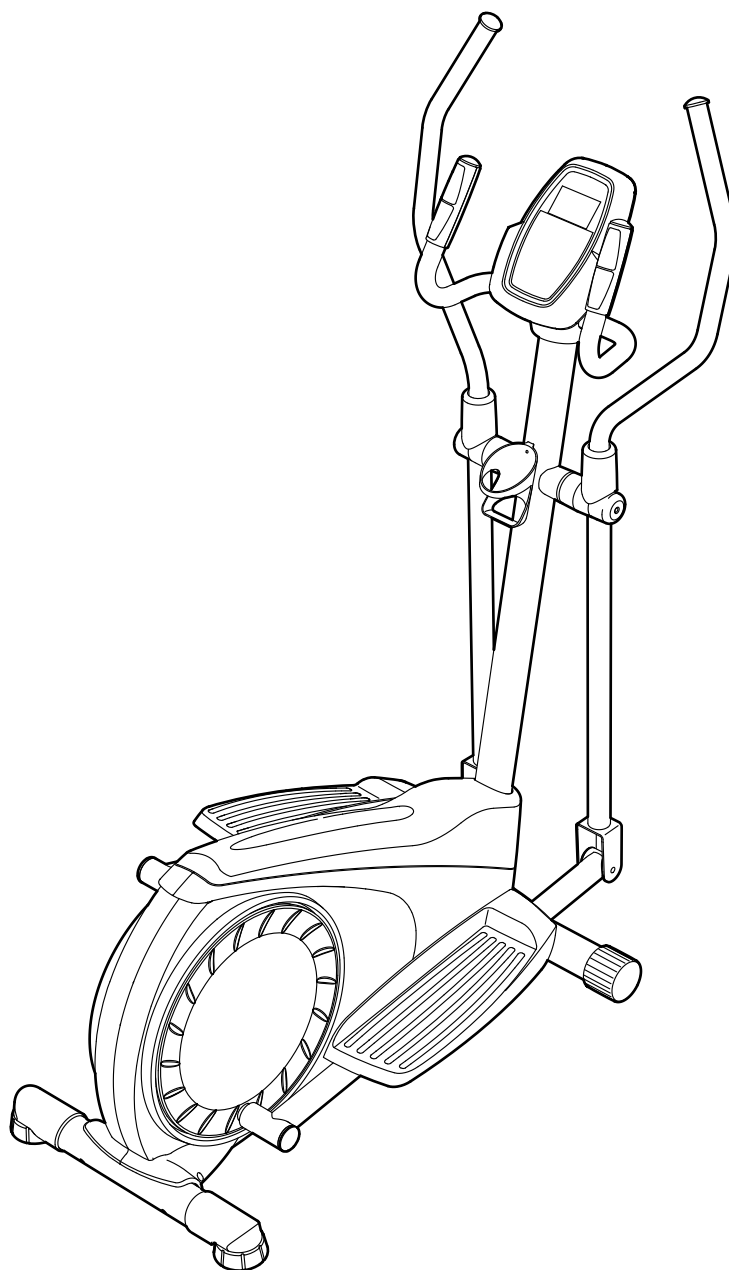
PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA

### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

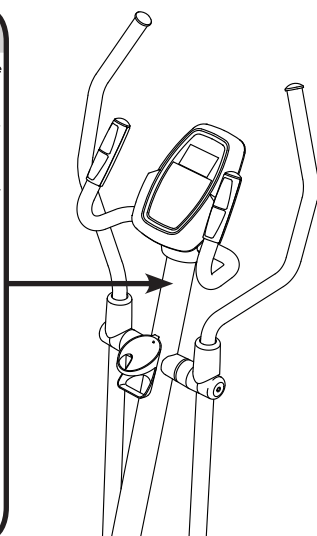
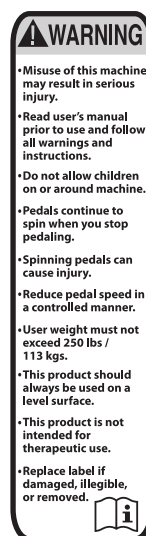
WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
HOW TO USE THE ELLIPTICAL .....	13
MAINTENANCE AND TROUBLESHOOTING .....	17
EXERCISE GUIDELINES .....	19
PART LIST .....	21
EXPLODED DRAWING .....	22
ORDERING REPLACEMENT PARTS .....	Back Cover
RECYCLING INFORMATION .....	Back Cover

## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).

**If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal.**

**Apply the decal in the location shown. Note:** The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

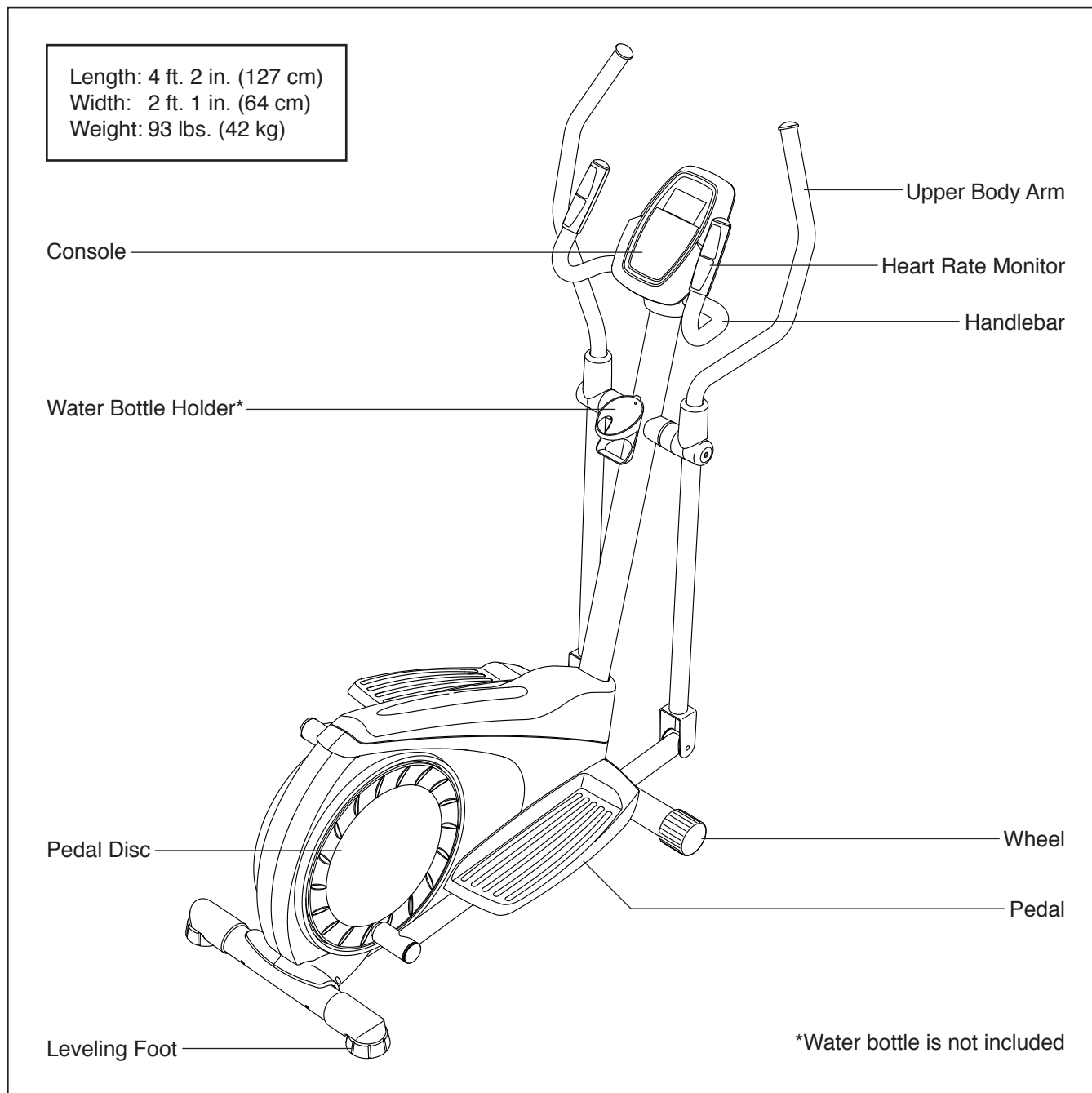
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 220 ZLE elliptical. The 220 ZLE provides a selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after reading this manual, please see the front cover of this

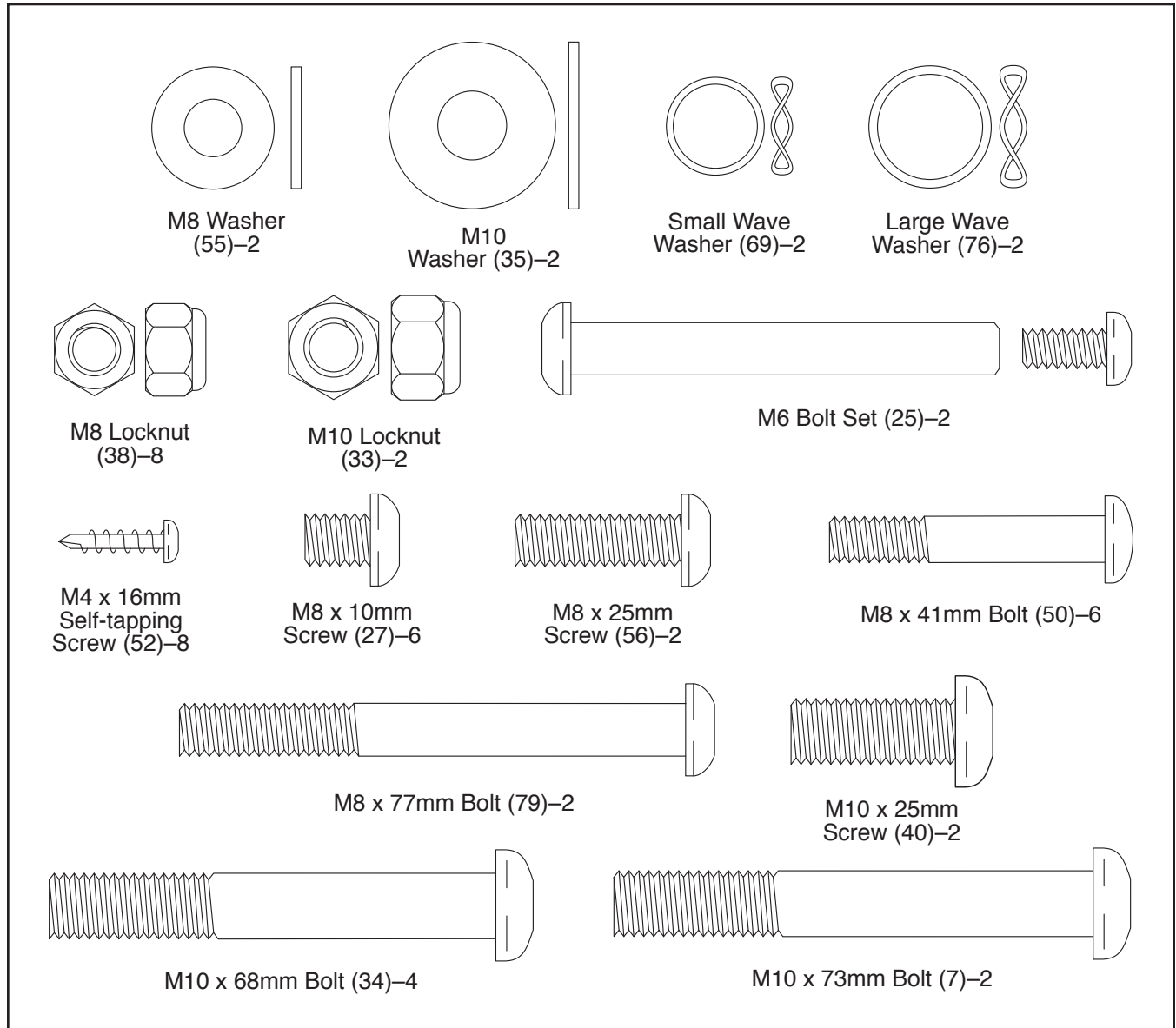
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**


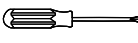



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5.

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

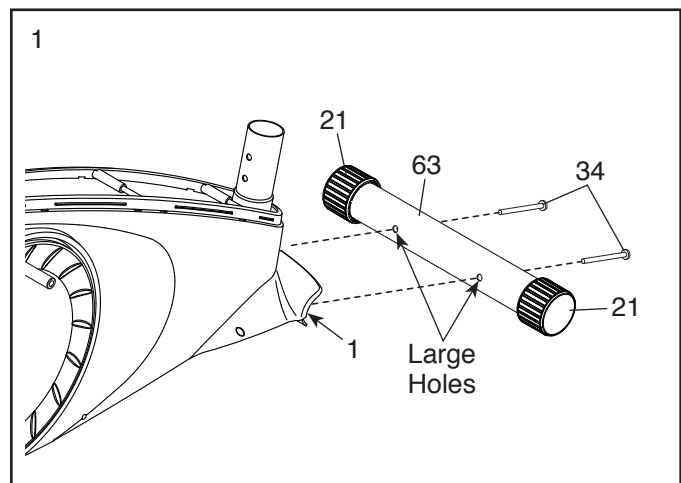
In addition to the included tool(s), assembly requires the following tools:

- |                          |   |
|--------------------------|---|
| one adjustable wrench    |  |
| one Phillips screwdriver |  |
| one rubber mallet        |  |

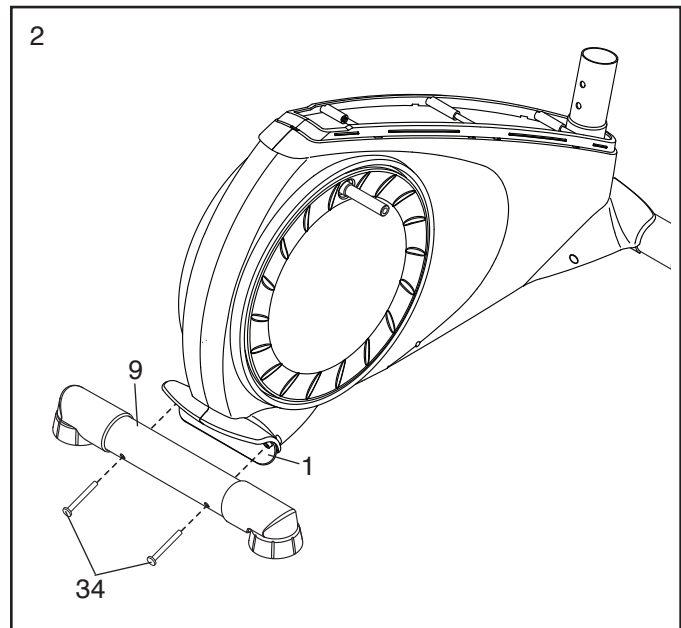
1. Identify the Front Stabilizer (63), which has Wheels (21).

Orient the Front Stabilizer (63) so that the large holes face the Frame (1).

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (63) to the Frame with two M10 x 68mm Screws (34).



2. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 68mm Screws (34).



3. Orient the Upright (2) and the Top Shield (41) as shown. Slide the Top Shield upward onto the Upright.

Have a second person hold the Upright (2) and the Top Shield (41) near the Frame (1).

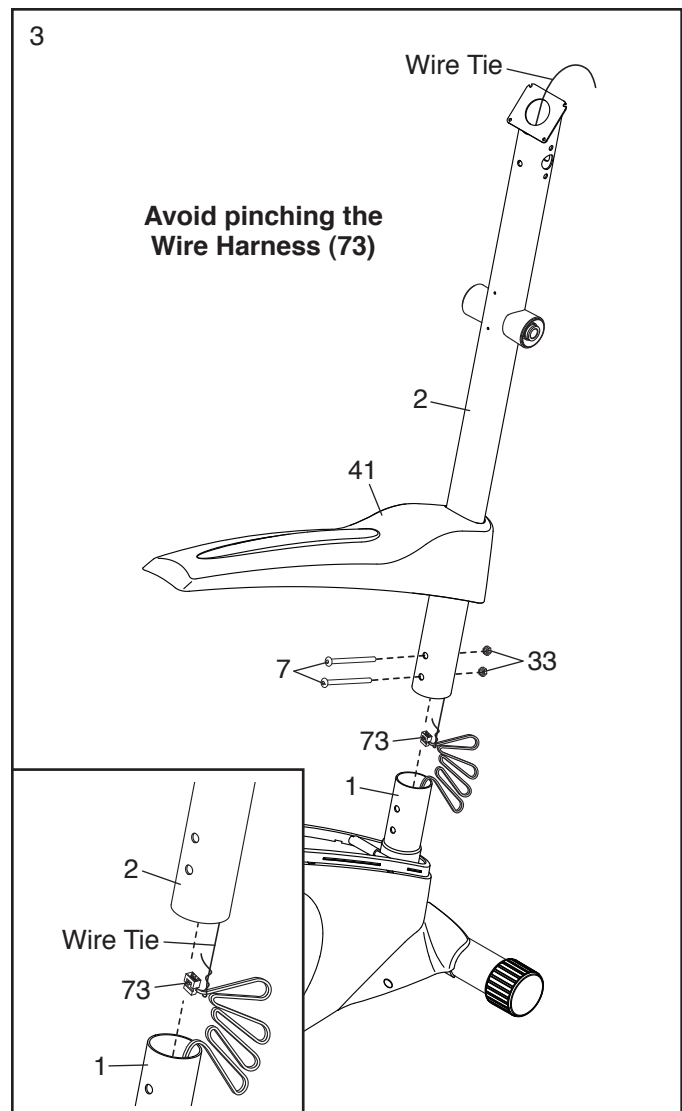
**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (73). Next, pull the upper end of the wire tie upward out of the top of the Upright.

**Tip: To prevent the Wire Harness (73) from falling into the Upright (2), secure the Wire Harness with the wire tie.**

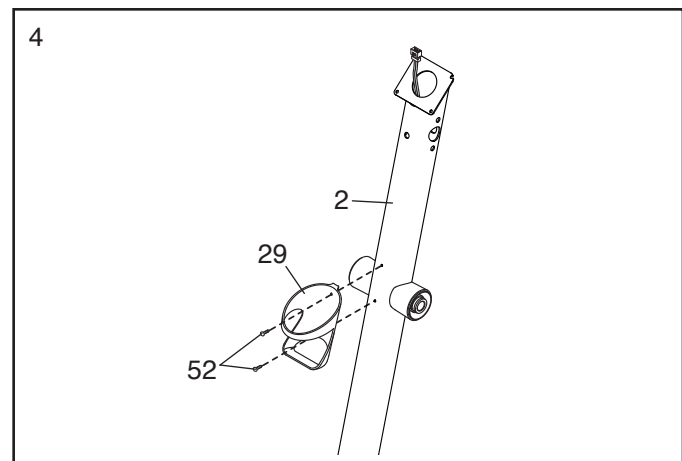
Slide the Upright (2) onto the Frame (1).

**Tip: Avoid pinching the Wire Harness (73).** Attach the Upright (2) with two M10 x 73mm Bolts (7) and two M10 Locknuts (33). **Do not tighten the Bolts yet.**

Slide the Top Shield (41) downward to the Frame (1). **Do not press the Top Shield into place yet.**



4. Attach the Water Bottle Holder (29) to the Upright (2) with two M4 x 16mm Self-tapping Screws (52).

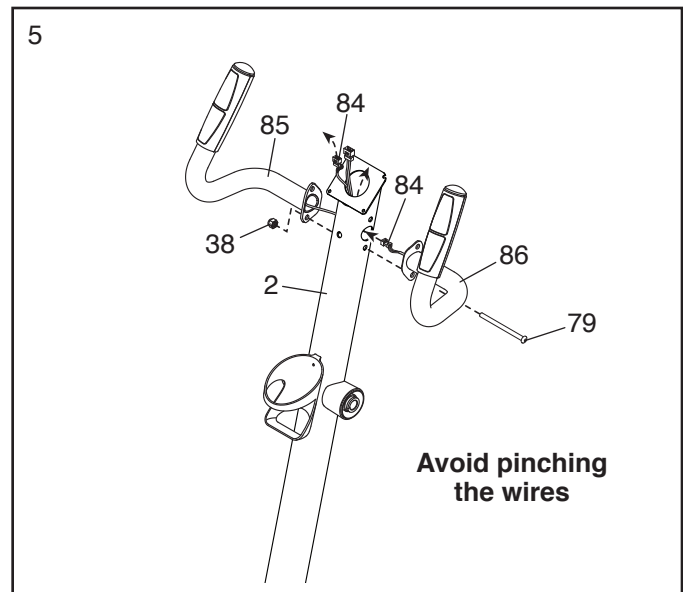


5. Identify the Left and Right Handlebars (85, 86), which are marked with “Left” and “Right” stickers.

While a second person holds the Left and Right Handlebars (85, 86) near the Upright (2), insert the Sensor Wires (84) into the holes in the Upright and pull them upward out of the Upright.

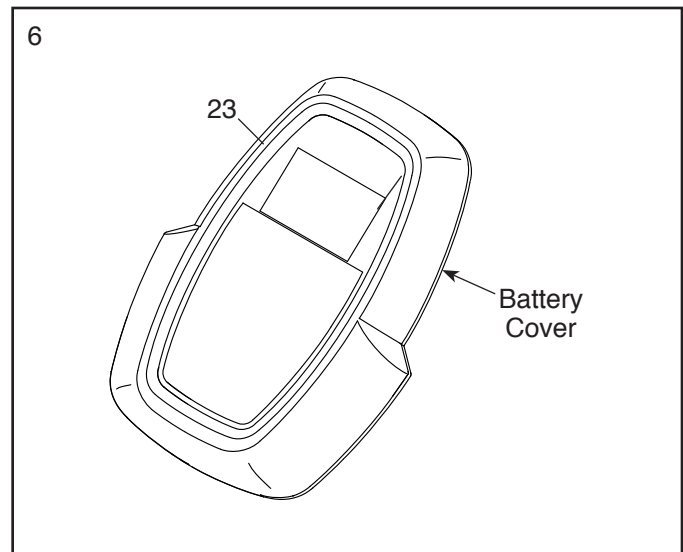
**Tip: Avoid pinching the wires.** Attach the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 77mm Bolt (79) and an M8 Locknut (38). **Do not tighten the Bolt yet.**

**Make sure that the M8 x 77mm Bolt (79) is inserted through the bottom hole in the Left and Right Handlebars (85, 86) and the Upright (2).**



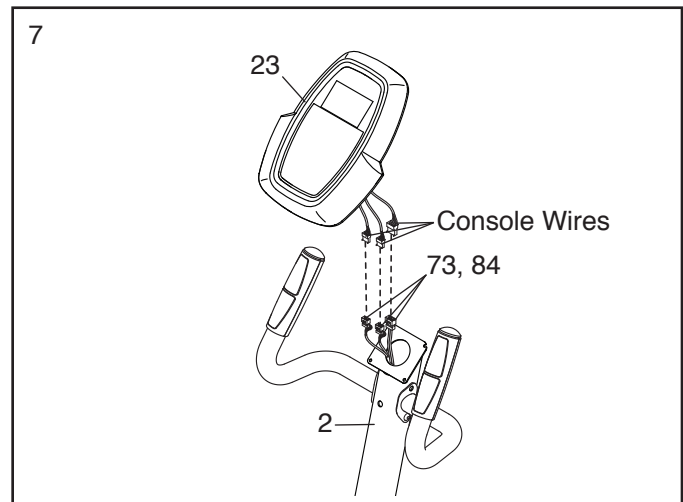
6. The Console (23) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.**

Remove the battery cover from the back of the Console (23), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



7. Untie and discard the wire tie on the Wire Harness (73).

While a second person holds the Console (23) near the Upright (2), connect the console wires to the Wire Harness (73) and to the Sensor Wires (84).

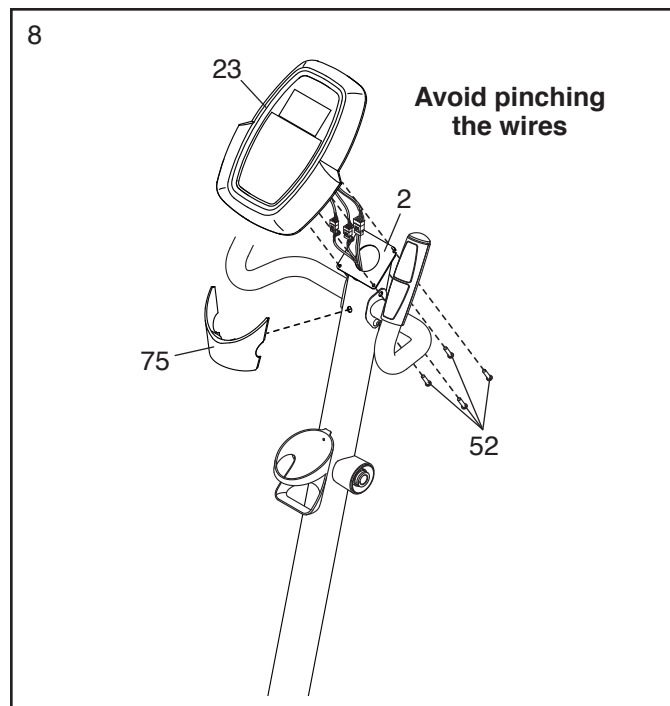




8. Insert the excess wire into the Console (23) or the Upright (2).

Press the Rear Upright Cover (75) into the Upright (2). Have a second person hold the Rear Upright Cover in place.

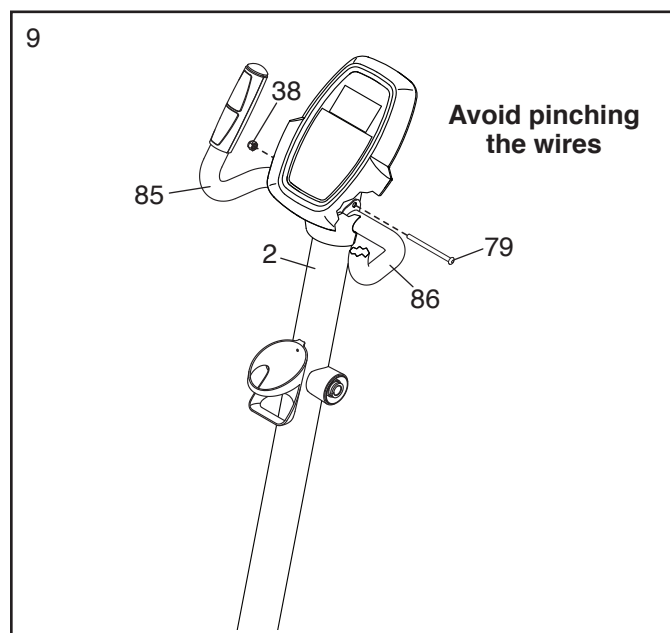
**Tip: Avoid pinching the wires.** Attach the Console (23) to the Upright (2) with four M4 x 16mm Self-tapping Screws (52).



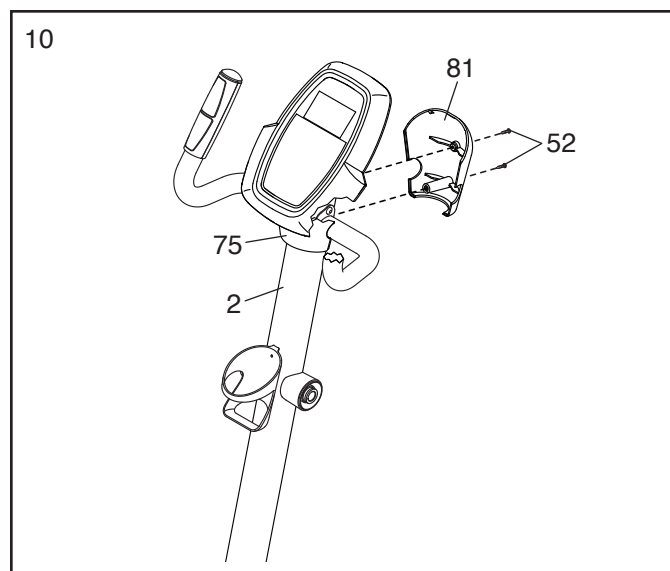
9. Finish attaching the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 77mm Bolt (79) and an M8 Locknut (38).

**Tip: While inserting the M8 x 77mm Bolt (79), avoid pinching or damaging the wires inside the Upright (2).**

**See step 5.** Tighten the M8 x 77mm Bolt (79).



10. Attach the Front Upright Cover (81) to the Upright (2) and the Rear Upright Cover (75) with two M4 x 16mm Self-tapping Screws (52).



11. Identify the Right Upper Body Arm (8), which is marked with an “R” sticker.

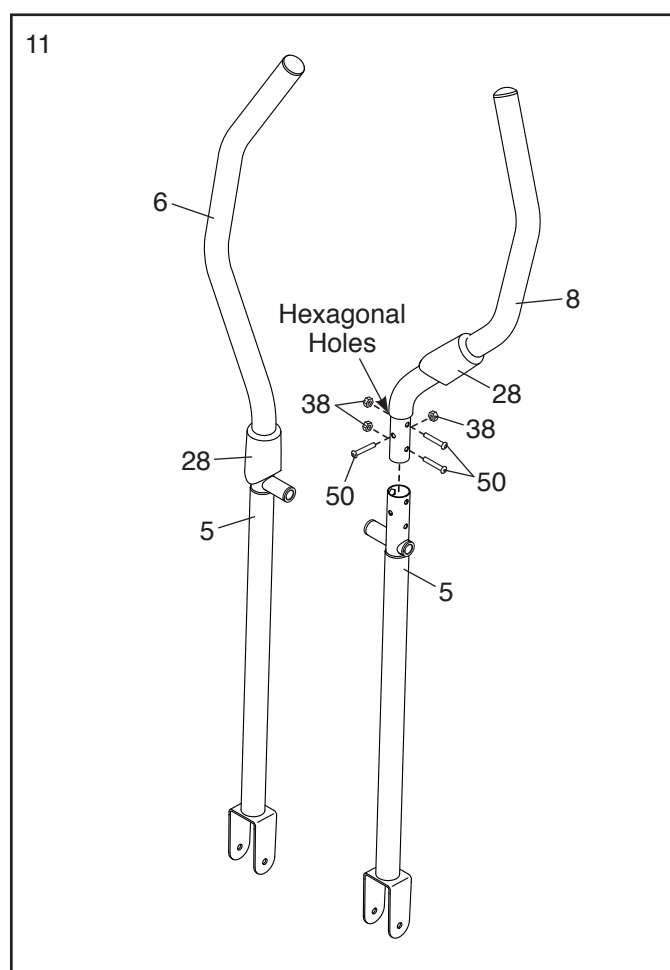
Slide an Upper Body Arm Cover (28) upward onto the Right Upper Body Arm (8).

Slide the Right Upper Body Arm (8) onto an Upper Body Leg (5).

**Tip: Have a second person hold the Upper Body Arm Cover (28) while you perform this action:**

Attach the Right Upper Body Arm (8) to the Upper Body Leg (5) with three M8 x 41mm Bolts (50) and three M8 Locknuts (38). **Make sure that the Locknuts are inside the hexagonal holes.**

**Assemble the Left Upper Body Arm (6) and the other Upper Body Leg (5) in the same way.**



12. Insert the Pivot Axle (26) into the Upright (2), and center the Pivot Axle.

Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to both ends of the Pivot Axle (26).

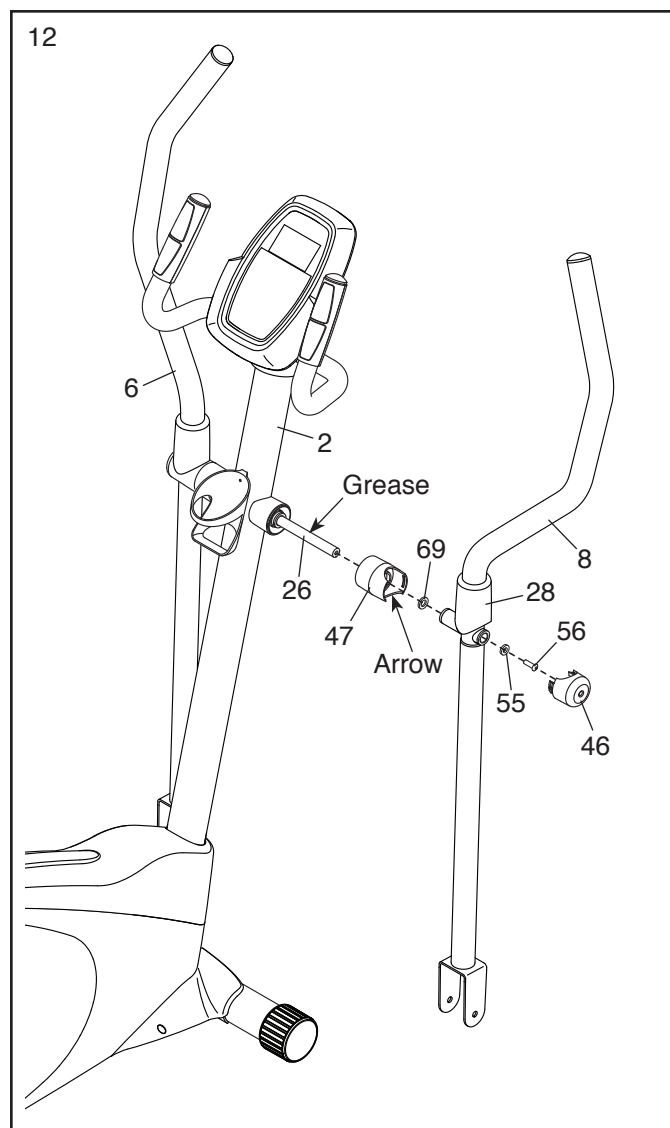
Orient an Upper Body Arm Spacer (47) so that the arrow points toward the floor. Slide the Upper Body Arm Spacer onto the right side of the Pivot Axle (26). **Repeat this action on the other side of the elliptical.**

Slide a Small Wave Washer (69) onto the right side of the Pivot Axle (26). Then, slide the Right Upper Body Arm (8) onto the Pivot Axle. **Repeat this action on the other side of the elliptical.**

Tighten an M8 x 25mm Screw (56) and an M8 Washer (55) into each end of the Pivot Axle (26) **at the same time.**

Slide the right Upper Body Arm Cover (28) upward. Then, press the tabs on an Axle Cap (46) into the Upper Body Arm Spacer (47). **Repeat this action on the other side of the elliptical.**

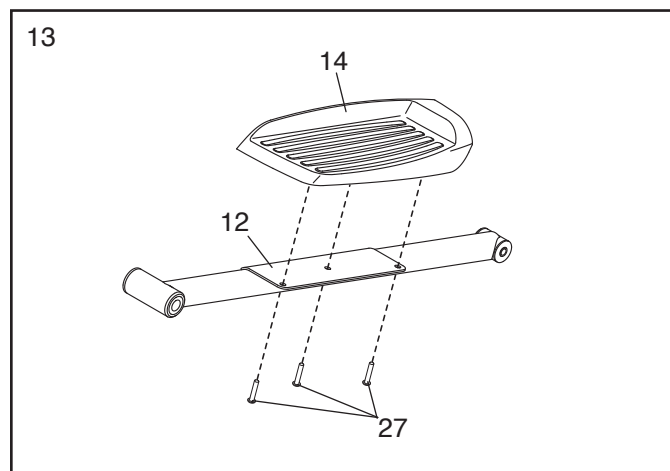
Slide the Upper Body Arm Cover (28) downward to cover the M8 x 41mm Bolts (not shown). **Repeat this action on the other side of the elliptical.**



13. Identify the Right Pedal (14) and the Right Pedal Arm (12), which are marked with "Right" stickers, and orient them as shown.

Attach the Right Pedal (14) to the Right Pedal Arm (12) with three M8 x 10mm Screws (27).

**Assemble the Left Pedal (not shown) and the Left Pedal Arm (not shown) in the same way.**



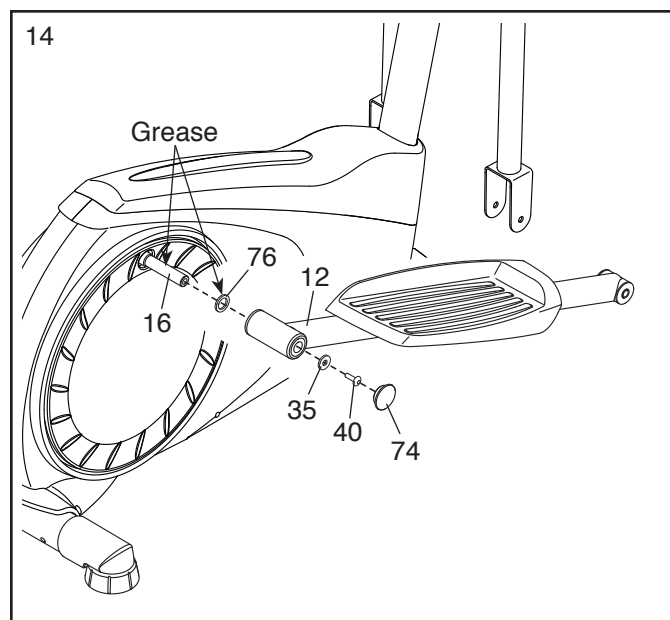
14. Apply a small amount of grease to the axle on the Right Crank Arm (16) and to a Large Wave Washer (76).

Slide the Large Wave Washer (76) and the Right Pedal Arm (12) onto the axle on the Right Crank Arm (16).

Slide an M10 Washer (35) onto an M10 x 25mm Screw (40), and tighten the Screw into the axle.

Then, press a Pedal Arm Cap (74) into the Right Pedal Arm (12).

**Repeat this step on the other side of the elliptical.**



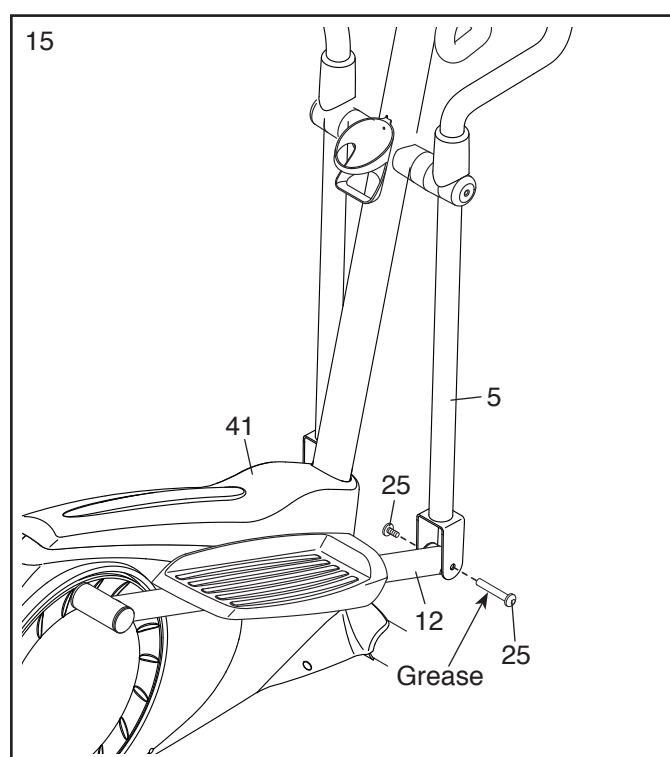
15. Apply a small amount of grease to an M6 Bolt Set (25).

Hold the end of the Right Pedal Arm (12) inside the bracket on the right Upper Body Leg (5).

Attach the right Upper Body Leg (5) to the Right Pedal Arm (12) with the M6 Bolt Set (25). **Do not overtighten the Bolt Set; the right Upper Body Leg must pivot freely.**

**Repeat this step on the other side of the elliptical.**

**See step 3.** Tighten the M10 x 73mm Bolts (7) and press the Top Shield (41) into place.

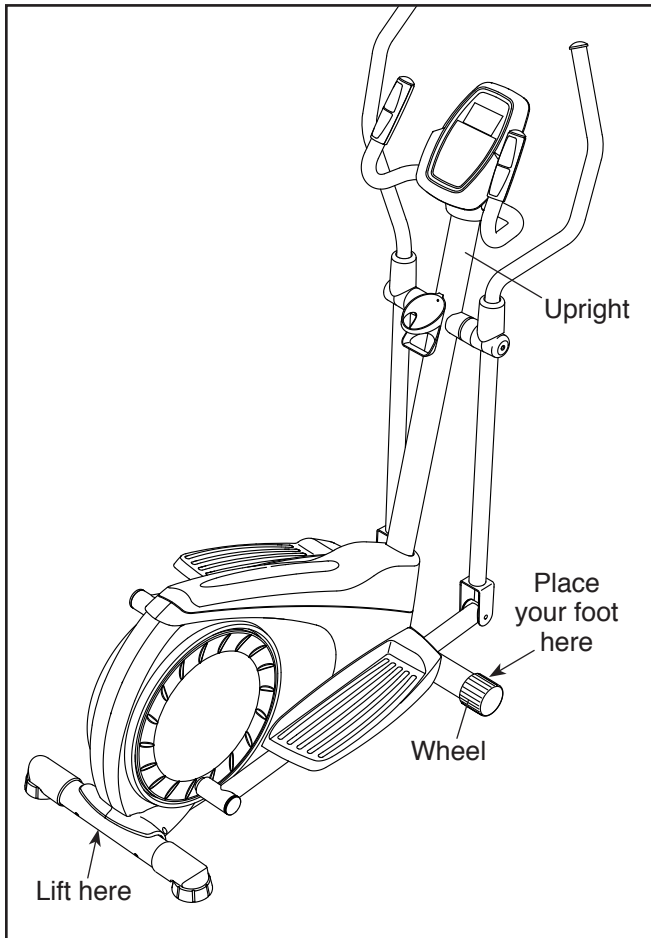


16. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

# HOW TO USE THE ELLIPTICAL

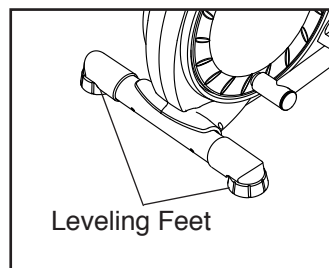
## HOW TO MOVE THE ELLIPTICAL

**Due to the size and weight of the elliptical, moving it requires two persons.** Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



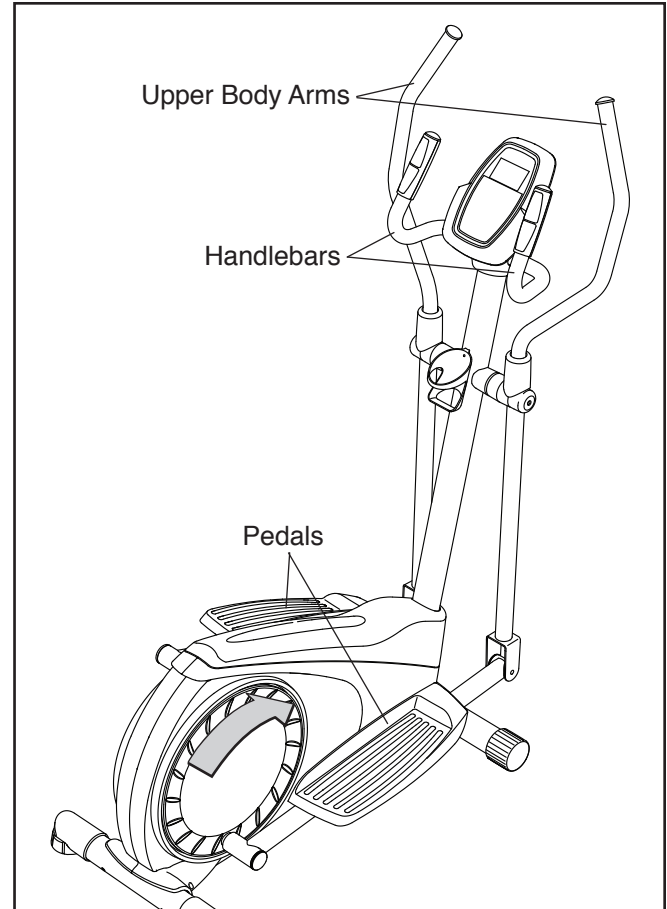
## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



## HOW TO EXERCISE ON THE ELLIPTICAL

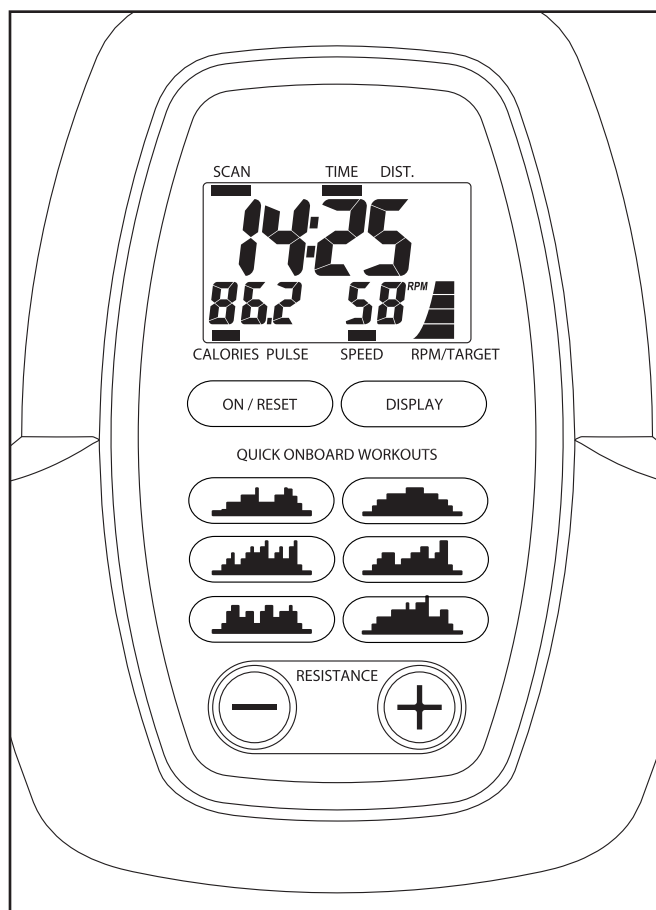
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.



Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console also offers six quick onboard workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

Before using the console, make sure that batteries are installed (see assembly step 6 on page 8). If there is a sheet of plastic on the display, remove the plastic.

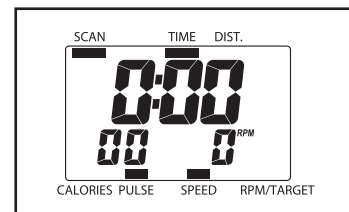
## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

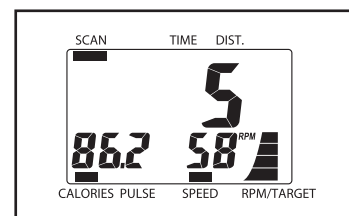
### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Onboard Workouts buttons repeatedly until zeros appear in the display.



### 3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

### 4. Follow your progress with the display.

The console has several displays that show the following workout information:

**Speed**—This display shows your pedaling speed, in revolutions per minute (rpm).

**Time**—This display shows the elapsed time.  
Note: When a workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

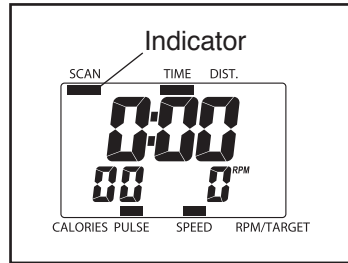
**Distance**—This display shows the distance you have pedaled, in total revolutions.

**Calories**—This display shows the approximate number of calories you have burned.

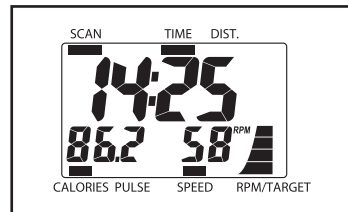
**Pulse**—This display shows your heart rate when you use the handgrip heart rate monitor.

**Scan**—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

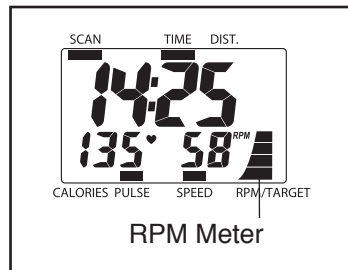
When you turn on the console, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.



In addition, the RPM meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your pace, bars will appear or disappear in the RPM meter.



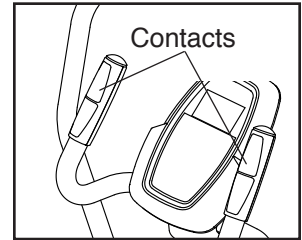
To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time. If you press the Display button again, the upper section of the display will show only the distance pedaled. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

## 5. Measure your heart rate if desired.

**Note:** If there are sheets of plastic on the metal contacts of the handgrip heart rate monitor, remove the plastic.

To measure your heart rate, hold the handgrip heart rate monitor, with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

**Note:** If you continue to hold the handgrip heart rate monitor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

## 6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.



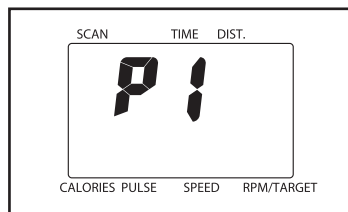
## HOW TO USE A QUICK ONBOARD WORKOUT

### 1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

### 2. Select a quick onboard workout.

To select a quick onboard workout, press the desired Quick Onboard Workouts button. The name of the workout will appear in the display.



A few seconds after you select a quick onboard workout, the display will show the duration of the workout.

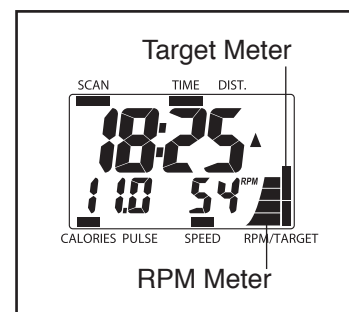
### 3. Begin pedaling to start the workout.

The quick onboard workouts consist of several one-minute segments. One resistance level and one target speed (rpm) are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The target speed settings for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling speed.



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters. If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your pedaling speed is faster than the target speed, an arrow will prompt you to decrease your speed.

**IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual pedaling speed may be slower than the target speed settings, especially during the first few months of your exercise workout. Make sure to pedal at speed that is comfortable for you.**

The display will show the time remaining in the workout. If you stop pedaling for a few seconds, the workout will pause and the time will flash in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

See step 4 on page 14.

### 5. Measure your heart rate if desired.

See step 5 on page 15.

### 6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 15.



# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild dish soap. **IMPORTANT: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

## CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions.

If the handgrip heart rate monitor does not function properly, see step 5 on page 15.

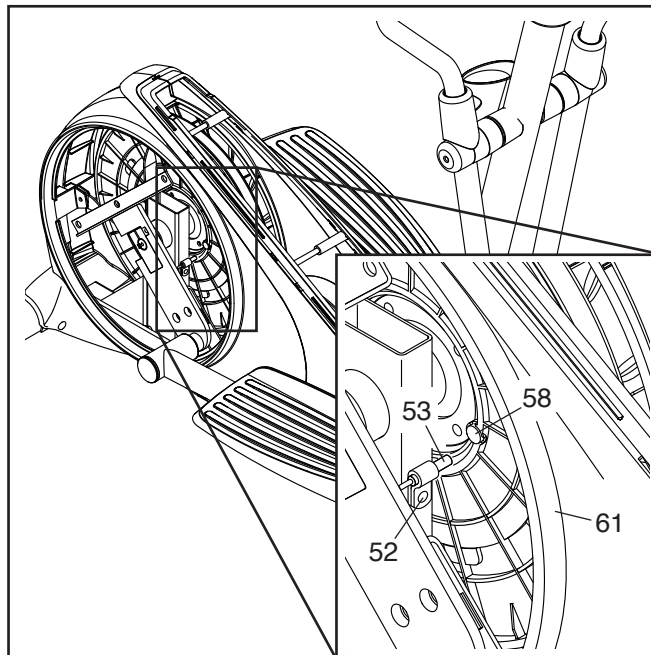
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

See EXPLODED DRAWING A on page 22. Using a flat screwdriver, remove the Top Shield (41).

Note: For clarity, the right pedal disc is shown removed in the drawing below.

Locate the Reed Switch (53). Loosen, but do not remove, the M4 x 16mm Self-tapping Screw (52).



Next, rotate the Pulley (61) until a Magnet (58) is aligned with the Reed Switch (53). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Self-tapping Screw (52). Rotate the Pulley for a moment.

Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the top shield.

## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the left pedal arm, the left pedal disc, and the left shield.

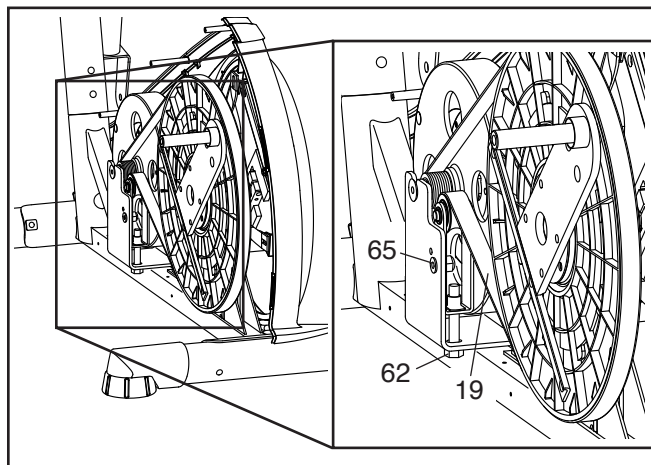
First, see steps 14 and 15 on page 12 and remove the Left Pedal Arm (11).

See EXPLODED DRAWING A on page 22. Using a flat screwdriver, remove the left Pedal Disc (15).

Remove all the M4 x 16mm Self-tapping Screws (52) from the Left and Right Shields (3, 4).

Next, remove the two M6 Locknuts (66). Then, remove the Left Shield (3).

Loosen the M8 x 22mm Flat Head Screw (65) and turn the M10 x 60mm Bolt (62) until the Drive Belt (19) is tight.



When the Drive Belt (19) is tight, tighten the M8 x 22mm Flat Head Screw (65).

Then, reattach the shields, the left pedal disc, and the left pedal arm.

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	❤️
145	138	130	125	118	110	103	❤️
125	120	115	110	105	95	90	❤️
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

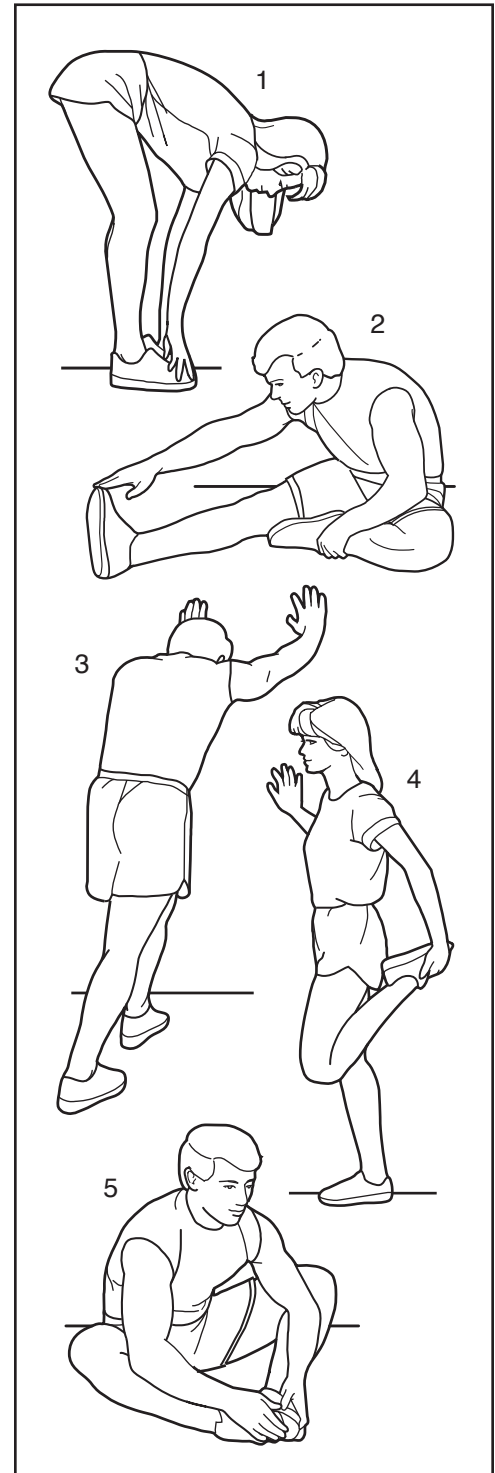
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST

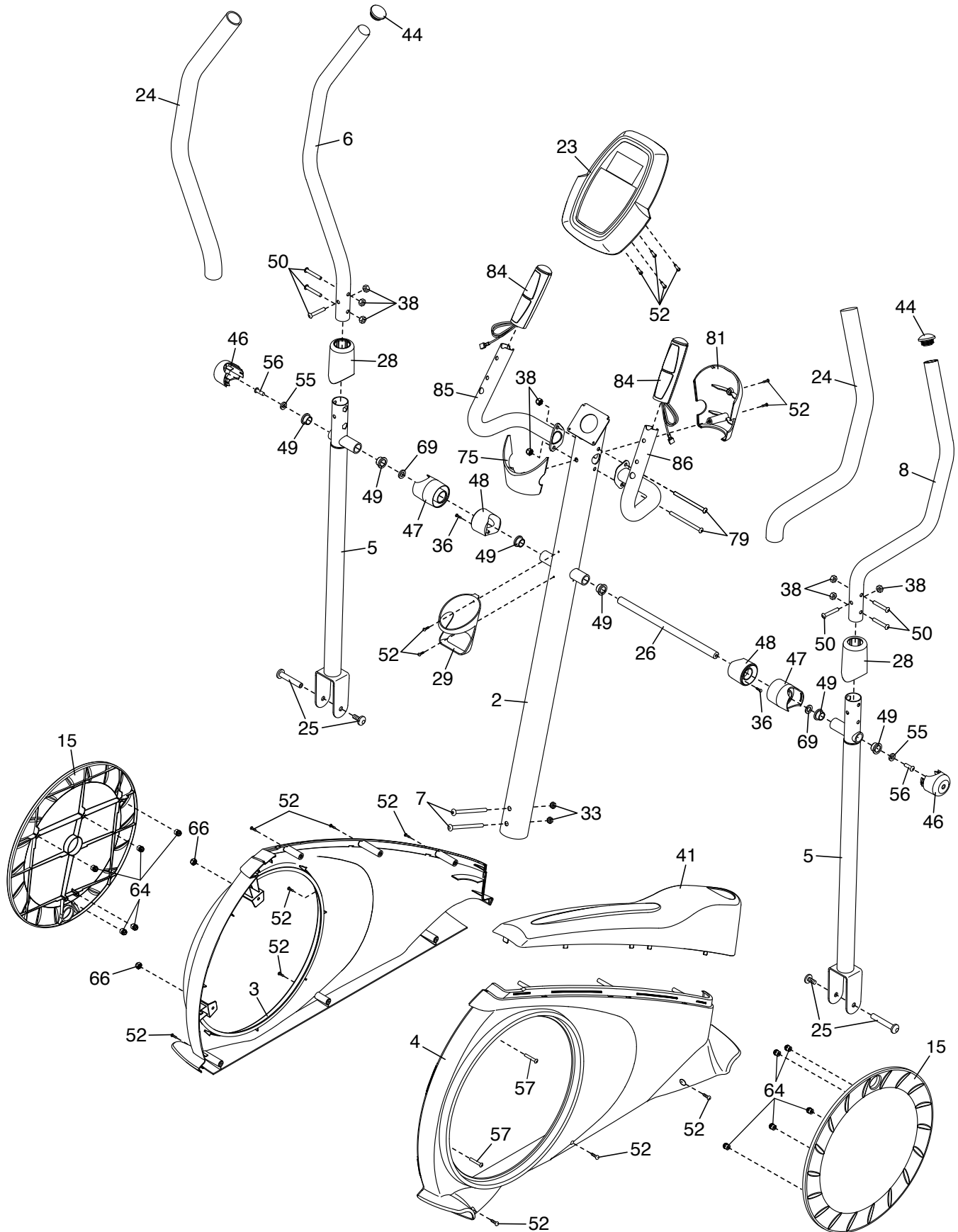
Model No. PFEVEL72912.0 R0312A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	2	Upper Body Arm Spacer
2	1	Upright	48	2	Frame Spacer
3	1	Left Shield	49	6	Upper Body Arm Bushing
4	1	Right Shield	50	6	M8 x 41mm Bolt
5	2	Upper Body Leg	51	4	M8 x 15mm Screw
6	1	Left Upper Body Arm	52	26	M4 x 16mm Self-tapping Screw
7	2	M10 x 73mm Bolt	53	1	Reed Switch/Wire
8	1	Right Upper Body Arm	54	1	Clamp
9	1	Rear Stabilizer	55	3	M8 Washer
10	1	Left Crank Arm	56	2	M8 x 25mm Screw
11	1	Left Pedal Arm	57	2	M6 x 18mm Screw
12	1	Right Pedal Arm	58	2	Magnet
13	1	Left Pedal	59	1	M6 Washer
14	1	Right Pedal	60	4	Front Pedal Arm Bushing
15	2	Pedal Disc	61	1	Pulley
16	1	Right Crank Arm	62	1	M10 x 60mm Bolt
17	1	Flywheel	63	1	Front Stabilizer
18	1	Shield Bracket	64	10	Mushroom Fastener
19	1	Drive Belt	65	1	M8 x 22mm Flat Head Screw
20	2	Rear Stabilizer Cap	66	2	M6 Locknut
21	2	Wheel	67	1	M10 x 4mm Washer
22	1	Belt Idler	68	1	Key
23	1	Console	69	2	Small Wave Washer
24	2	Foam Grip	70	4	M8 x 10mm Screw
25	2	M6 Bolt Set	71	4	M4 x 12mm Self-tapping Screw
26	1	Pivot Axle	72	1	Resistance Motor
27	6	M8 x 10mm Screw	73	1	Wire Harness
28	2	Upper Body Arm Cover	74	2	Pedal Arm Cap
29	1	Water Bottle Holder	75	1	Rear Upright Cover
30	2	Snap Ring	76	2	Large Wave Washer
31	2	Bearing	77	1	Resistance Cable
32	1	Crank	78	1	M8 x 44mm Bolt
33	2	M10 Locknut	79	2	M8 x 77mm Bolt
34	4	M10 x 68mm Screw	80	1	M8 Square Nut
35	7	M10 Washer	81	1	Front Upright Cover
36	2	M3 x 16mm Screw	82	1	Plastic Spacer
37	2	Outer Pedal Arm Bushing	83	1	M6 x 16mm Screw
38	9	M8 Locknut	84	2	Sensor/Wire
39	2	Inner Pedal Arm Bushing	85	1	Left Handlebar
40	2	M10 x 25mm Screw	86	1	Right Handlebar
41	1	Top Shield	87	2	Leveling Foot
42	2	Leveling Foot Nut	88	2	Pedal Arm Spacer
43	2	M10 x 6.5mm Locknut	*	—	Assembly Tool
44	2	Upper Body Arm Cap	*	—	Grease Packet
45	1	M6 x 10mm Set Screw	*	—	User's Manual
46	2	Axle Cap			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

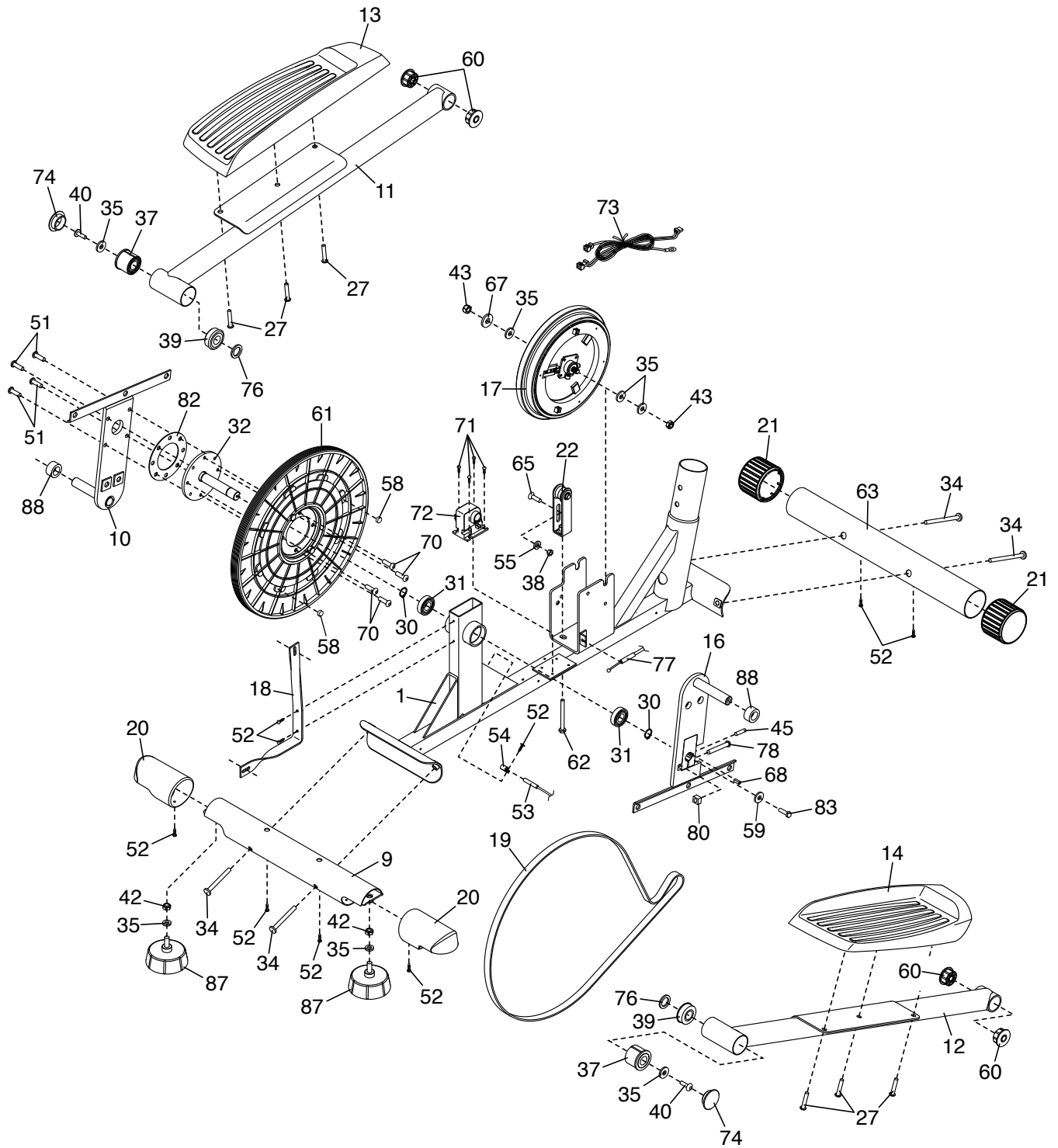
# EXPLODED DRAWING A

Model No. PFEVEL72912.0 R0312A



# EXPLODED DRAWING B

Model No. PFEVEL72912.0 R0312A





---

## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

---

## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

